

EASY PANTRY MEALS

5 Day Meal Plan Grocery List

Pantry:

- 6 oz. jar prepared pesto
- 1 envelope Onion Soup Mix
- 3 - 14.5 oz. cans diced tomatoes
- 15 oz. can tomato sauce
- 11 oz. can sweet corn
- 15 oz. can Ranch Style Beans, or similar
- 14 oz. can cranberry sauce
- 12 oz. chili sauce
- 6 oz. package stuffing mix, chicken flavor
- 10.5 oz. can cream of chicken soup
- 4.5 oz. jar minced garlic
- 1 pound long grain rice
- 40 oz. beef broth
- Worcestershire sauce

Meat:

- 1.5 pounds raw chicken breast
- 3.5 pounds raw ground beef
- 10 oz. pre-cooked chicken breast (or rotisserie chicken)

Produce:

- 1 pound fresh Brussels sprouts
- 2 bell peppers
- 1 head cauliflower
- 1 pint grape tomatoes
- 1 fresh asparagus bunch
- 2 pounds Yukon Gold potatoes
- 2 medium/large zucchini
- 1 white onion
- 1 parsley bunch

Frozen Foods:

- 32 oz. frozen pre-cooked meatballs

Refrigerated Section:

- Butter
- 8 oz. bag shredded cheddar cheese
- 8 oz. sour cream